

January 2008

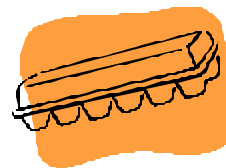
NEWSLETTER



WHOLESOME HARVEST FARM

HARVEST NUGGETS

TESTS SHOW FREE-RANGE EGGS MORE NUTRITIOUS!



From Mother Earth News 08/02/2007

New research by Mother Earth News magazine provides more evidence that industrial agriculture is producing inferior food. Tests of eggs from four free-range flocks found that, compared to U.S. Department of Agriculture (USDA) nutrient data for eggs from confinement production systems, the eggs from chickens raised on free range were much more nutritious — up to twice as rich in vitamin E, up to six times richer in beta carotene (a form of vitamin A) and four times richer in essential omega-3 fatty acids. And, the free-range eggs averaged only half as much cholesterol as the USDA data indicates for confinement-system eggs.

"Inferior eggs are not the only problem that has developed because the push for cheap food has gone too far," Long says. "A recent study published in the Journal of the American College of Nutrition has revealed that the nutrient content of conventionally grown vegetables and fruits has declined over

the past 50 years. The study compared USDA data from 1950 and 1999 for 13 nutrients in 43 crops. After rigorous statistical analysis, the researchers found that, on average, all three minerals evaluated have declined; two of five vitamins have declined; and protein content has dropped by 6 percent." Also, there is growing evidence that produce grown with synthetic fertilizers is less nutritious, mainly because it tends to contain more water than produce grown with natural, organic fertilizers.

Meat and dairy products show nutrient differences similar to those reported above for eggs. Products from animals raised on natural pasture diets tend to be lower in saturated fat and higher in vitamins and other essential nutrients than products from animals raised in confinement on high-grain diets. Both mad cow disease

and E. Coli food poisoning problems are consequences of intensive confinement beef production systems. Mad cow disease is the result of mixing infected animal "by-products" into feed given to feedlot cattle. And the emergence of highly toxic forms of e. coli bacteria has been linked to the practice of feeding cattle unnatural high-grain diets.

This accumulating evidence that intensive industrial agriculture is delivering inferior food is pushing many consumers to seek local, organic, grass-fed and free-range products. The USDA reports farmer's markets have increased more than 80 percent from 1994. "There's a Real Food Revival underway in the U.S. and it's providing safer, more nutritious and better tasting food to consumers and new opportunities for small farmers," Long says.



Relationship Farming

Farmers should be building relationships with customers. The immediate feedback about product quality, product type and product quantity creates not only accountability but also immediate encouragement. How many farmers receive praise and accolades from their customers? Farming, after all, is not

cool like Dilbert cubicles — for ours to receive constant positive reinforcement was worth more than any amount of money. We don't farm because we're too stupid to do anything else; we farm because we love it and want to heal the world, and all the people in it. Honoring and respecting our customers is

part and parcel of the farm business. Building customer relationships, although challenging at times, is critical to creating a farm that can sustain itself long term. There we are: soil, plants, animals, people, community and customers. Building relationships is the calling, the sacred ministry, of good farmers. Let's go build some relationships.

Joel Salatin
Acers USA 12/07



Market Dates and Locations

- ??January 5 at the Square—Seguin
- ??January 12 at the Square—Seguin
- ??January 19 at the Square-Seguin
- ??January 26 at the Square—Seguin
- ??February 2 at the Square—Seguin



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Wholesome Harvest Farm was established in 1994. Our philosophy is that eating locally grown, recently harvested fresh food is better for your health! Our crops are grown for flavor, and since it is grown using organic methods, our produce keeps much better. Because our family eats what we sell, you can be assured that we tend to the health of our soil in order to grow healthy plants and to protect and sustain the environment. So, we grow using organic and sustainable methods. Our goal is to specialize in crops you can't find anywhere else. We especially enjoy raising unique heirloom fruit and vegetable varieties. We also raise goats and poultry for eggs and meat.

Our mission is to be good stewards of the earth. Growing food as God intended, seasonally and naturally.



This is a family farm located southeast of Seguin. Our crops are grown to suit the seasons so you can be assured of the freshest produce at the right time of the year. We also have an extensive herb garden. Our animals roam free range and are fed as nature intended. We find that this belief in nature and a natural sustainable way of farming has reduced the incidence of sickness and problematic diseases among our animals and plants.

Visit us online at <http://www.wholesomeharvestfarm.com>

Favorite Recipe

ROASTED RED PEPPER AND FRESH HERB FRITTATA

- 3 tablespoons olive oil
- 2 teaspoons salt
- Generous pinch freshly ground black pepper
- 2 tablespoons chopped fresh parsley leaves
- 2 tablespoons chopped chives
- 2 teaspoons chopped fresh basil leaves
- 2 teaspoons chopped fresh oregano leaves
- 12 eggs, beaten
- 1/2 cup sliced roasted red peppers
- 1/2 cup crumbled feta cheese
- Fresh basil leaves, for garnish

Preheat the oven to 350 degrees F. Pour the oil into a 10-inch nonstick skillet and place over medium high heat for 2 minutes. Meanwhile, add the salt, pepper, parsley, chives, basil and oregano to the eggs and beat well. Pour the egg mixture into the hot skillet, reduce the heat to medium and cook about 3 minutes, occasionally pulling the egg